













Look for holiday specials It's not too early to get in on Halloween and Thanksgiving specials

Whether it is celebrating Oktoberfest with friends or saluting friends and families from afar with a big, plump roasted turkey, your commissary wants you to know we are here for you with

extra savings and great opportunities to enhance your commissary benefit, says Bonita Moffett, DeCA sales director. Throughout October, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to

offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. For specific sales and events information check here.

YES! Your **Everyday Savings** Enjoy consistently lower

prices on the items vou love!

Year-round savings, trusted brands and great prices daily.



Staying informed about

Need a new recipe?

Try 'Thinking Outside the Box' for healthy, economic meals

Preparing nutritious food at home does not have to be difficult or expensive. With "Thinking Outside the Box" recipes, your commissary continually offers meal solutions that are quick, healthy and economical with ingredients typically offered at enhanced savings to our customers.

To find out more about this recipe service here.

A Crab cake salad that doesn't bust the food budget

Canned crab and tuna combine for a delicious salad

Check out the list of ingredients that includes bell pepper, avocado, diced onion and celery, Greek yogurt, canned crab and tuna, one egg and panko; and you get the idea of how easy this nutritious salad is to prepare. Get the recipe here!



Store Director's Scoop

Store Director | store.director@deca.mil | 619-556-8657

Check out our new milk prices.....

Prices are lowered on Select 1 Gallon Regional Milk. Look for the YES! Label YES! - Your Everyday Savings! Head to your Dairy aisle for (1) Year-round savings; (2) Trusted Brands; (3) Great Prices Daily.

October 11th

The 11th is Columbus Day, but the whole month is Italian/American Heritage month. Halloween caps off the month that also features Octoberfest, Red Ribbon Week and our Private Label Fall Sales. It's also Breast Cancer Awareness Month and Major League Baseball is wrapping up its season with playoffs before the World Series.

Halloween Costume Contest. Win a Turkey to EAT!

Entries accepted October 1-31. View complete contest rules and details at www.commissaries.com/halloween-custumecontest.

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PHONE

Asst. Store Dir. Grocery **Produce** Meat Secretary

3009 3008 3004

3013

3002

STORE

Sun: 0730-2000 Mon: 0730-2000 Tue: 0730-2000 Early Bird Sun-Sat 0700-0730 Shopping: Self Check-Out Only